

Davis County Walks 5K walk is almost here

The Davis County Walks 5K encourages participants of all ages to become more physically active. This year's Davis County Walks event kicks off at 7:30 a.m. on Saturday, Aug. 15, with a 5K Walk/Run at the Legacy Events Center, 151 S. 1100 W., Farmington.

"The Davis County Walks 5K event promotes regular physical activity while supporting community efforts to prevent and reduce obesity," said Lewis Garrett, director of the Davis County Health Department. "Recently, our community health assessment and community health improvement process identified obesity as

the #2 health issue facing residents of Davis County," he said. "Through this event, we are witnessing more than a decade of participants having fun and being physically active."

Kristy Cottrell, director of county health department's Family Health and Senior Services Division, said, "In addition to reducing weight, walking or running helps decrease the risk for chronic disease including cancer, heart disease, and diabetes. People joining us to walk or run this flat and easy 3.2 mile course will have a good time doing something that is fun and healthy."

According to the 5K-event organizer, Jessica



Participants of all ages and abilities round a corner of the flat 5 kilometer course on a sunny morning during last year's Davis County Walks 5K Walk/Run. Registration is underway for this year's event scheduled for Saturday, Aug. 15, at 7:30 a.m.

Photo by Ed Parker, DCHD

Hardcastle, "Participants are encouraged to pre-register for the event by Friday, Aug. 7, for only \$20. Hardcastle, with the health department, said,

"Registration on the day of the 5K event costs \$25 and takes place from 6:30 a.m. until 7:15 a.m. at the Legacy Events Center." If a participant is 14

years old or younger, the preregistration fee is \$12 and it will cost \$15 on the day of the event, she said. "While there is no cost for those 60 years of age and older, individuals 15 years to 59 years will only cost \$20 if pre-registered by Aug. 7," Hardcastle said. "Each participant receives a moisture-wicking T-shirt. We'll provide refreshments at the finish line."

"We've set up the 5K event with overall and senior categories broken down for males and females," she said. "Our top finishers in each category will receive cash prizes. Also, drawings for other prizes will be held to include everyone participating in the 5K," Hardcastle said.

"We're continuing the very popular annual Kids Mud Run, starting at 9 a.m.," said Hardcastle. "All

of the younger kids who complete the specially-marked, non-competitive, mud course near the Davis County Fair area will get a participation prize." There isn't a charge but pre-registration is required for this extra event, she said. "Have the kids wear their grubbiest clothes because they are going to get muddy and wet," said Hardcastle. "Please be sure to bring a towel because facility staff will be there with hoses to help clean off your kids after they've run in the mud," she said.

Pick up registration forms at the Davis County Health Department at 22 South State Street, in Clearfield, or register online at the Davis County Walks website at www.daviscountyutah.gov/dcw. For more information, call (801) 525-5050.

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	 <h1>August</h1>			6 AG – Root Beer Floats 11:45 GY – Lapidary 8:30 ND – Movie 12:15 Knit & Crochet 12:30	7 AG – AG Choir Sing 10:30 Crazy Auction 11:50 GY – Movie 12:45 ND – Computer Class 10:30	8
9	10 AG – Oil Painting 9 Wii Bowling 12:30 GY – Yoga 10-11 Bridge 1-4:45 ND – Texas Hold 'Em 12:15 Bingo 12:30	11 AG – **Art 9 Tai Chi Chair 10:30 GY – Zumba 9:30 Tai Chi 10:30 ND – Quilters 10 Blood Pressure 10:30 Pinochle 12:30	12 AG – Foot Doctor 9-Noon GY – Meditation Class 12:45 Positive Aging 5-7 p.m. ND – Rocky Mtn Care 11:15 Bingo 12:30	13 Senior Day @ Fair AG – Haslam Law 10 Food Sense 11 GY – Dancing Grannies 8:30 ND – Piano Performance 11:15	14 AG – **AARP Smart Driving Bingo 10:30 GY – Line Dancing 9:30 Pool 1-5 ND – Ceramics 12:15 Technology Lab 4	15 Davis County Walks 5K
16	17 AG – Lifetime Fitness 9 GY – Sit n Fit 8:30 Bingo 12:30 ND – Card Making Class 10:30	18 AG – Tai Chi 9:45 Square Dancing 1 GY – Senior Aerobics 8:30 Blood Pressure 10:30 ND – China Painting 9	19 AG – Medicare Presentation 11:30 Blood Pressure 10:30 GY – Ceramics 9 Line Dancing 10 ND – Art 9	20 AG – Clean Air Presentation 11 Computer Tech 11:30 **Art 6:30 p.m. GY – Arthritis Exercises 12:30 ND – Porcelain 9 Pinochle 12:30	21 AG – Lapidary 8:30 Movie/Popcorn 12:30 GY – Stained Glass 9 Tai Chi 9:30 ND – Bingo 12:30	22
23	24 AG – Chair Yoga 10:45 GY – Arthritis Exercise Class 12:30 Oil Painting 1 ND – Texas Hold 'Em 12:15 Bingo 12:30	25 AG – Trivia of the Day 11:45 GY – Dancing Grannies 8:30 Woodcarving 9 ND – **AARP Smart Driving Blood Pressure 10:30	26 AG – Arthritis Exercise 9 Quilt Spinners 1 GY – Water Color 2-4 ND – Do It Yourself Family History 3	27 AG – Wire Wrapping 8:30 Medicare 101 6:30 p.m. GY – Luana's Combo Band 10:30 ND – Food Sense 1	28 **AG, GY & ND Aug. Birthday Party AG – Computer 101 9:30 GY – Water Color 9 ND – Computer Class 10:30	29
30	31 AG – Bingo 10:30 GY – Stained Glass 9 Line Dancing 10 ND – Texas Hold 'Em 12:15 Bingo 12:30	Sept 1 AG – Lapidary 8:30 Computer Tech 11:30 GY – Lapidary 8:30 Pinochle 1-4:45 ND – Line Dancing 1	Sept 2 AG – Water Color 9:30 Bingo 10:30 GY – Single's Social 11:15 Bridge 1-4:45 ND – Texas Hold 'Em 12:15	Sept 3 AG – Tai Chi 9:45 Canasta 1 GY – Senior Aerobics 8:30 Shopping 12:30 ND – Porcelain 9 Pinochle 12:30	Sept 4 AG – Arthritis Exercise 9 Pinochle 12:30 GY – Movie 12:45 ND – Bingo 12:30	5
** Call Senior Activity Center to Make Reservation (Note: Not all activities are listed on this consolidated calendar, activities are subject to change)						
AG ~ Autumn Glow (801) 544-1235 81 East Center Street Kaysville, UT 84037		GY ~ Golden Years (801) 295-3479 726 South 100 East Bountiful, UT 84010		ND ~ North Davis (801) 525-5080 42 South State Street Clearfield, UT 84015		

Summer caregiver educational class series is wrapping up

Are you caring for an older adult? Are you feeling stressed or burned out? Davis County Health Department's Senior Services finishes up its free summer caregiver class series with "Charitable Care" presented by Brandie Evans of Rocky Mountain Care Foundation. The one hour presentation starts at noon on Tuesday, Aug. 11, and is repeated on Thursday, Aug. 13, at noon. The Tuesday presentation is at

Fairfield Village of Layton (1201 N. Fairfield Road, Layton) and the Thursday presentation takes place at Golden Years Seniors Activity Center (726 South 100 East, Bountiful). A complimentary lunch will be provided at each class with the RSVP needed that preceding Monday by noon.

For more information or to RSVP for lunch, contact Megan Forbush at (801) 525-5088.

Medicare 101 classes scheduled

Davis County Senior Services offers free classes to introduce you to your Medicare benefits. Class includes information on when to enroll in Medicare and what the different Medicare benefits are. August classes are scheduled at the Clearfield Library (562 S 1000 East,

Clearfield) on Wednesday, Aug. 19, 6:30-7:30 p.m., and the Autumn Glow Senior Activity Center (81 East Center Street, Kaysville) on Thursday, Aug. 27, 6:30-7:30 p.m.

For more information, contact Marie Jorgensen at 801-525-5086.

Grade school literacy tutors needed

BY VIKI BOWMAN
Davis County RSVP

Spending a few hours a week at your grandchild's school as a literacy tutor is one way to create memories. Grandparents become the classroom hero and create memories with grandchildren and their friends. Children become excited over the chance of spending time with volunteering grandparents.

A caring adult, even if unrelated to the child, can make a difference in the future of that child. Studies have shown how volunteers in the classroom can help a child earn higher grades, improve classroom behavior, develop better social

skills and lifelong learning habits.

Davis Retired and Senior Volunteer Program (RSVP) assists with placement of volunteers 55+ years of age to serve as literacy tutors in Davis County schools. Volunteers serve under the direction of the classroom teacher. Activities include reading out loud, flash cards, volunteers reading to students, students reading to volunteers, and reading games.

To partner with Davis County RSVP as a reading encouragement volunteer with your grandchildren's school, call (801) 525-5094 or visit www.davis-countyutah.gov/rsvp.

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